Application No. 10/624,235

## AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

## Listing of Claims:

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1. (Previously Presented) An insert for use in the shell of a ball and seat valve finding application in a reciprocating downhole pump, comprising:

a cylindrical tubular body forming a through-bore and having vertically spaced apart top and bottom rings joined by circumferentially spaced apart ribs, the rings and ribs combining to form side openings;

the ribs supporting inwardly protruding flanges having upper inner ends arching together toward the longitudinal axis of the body, the flanges each thinning upwardly and inwardly and having curved bottom surfaces; and

an upwardly directed, elongate reinforcing member connected with the flanges at their upper inner ends, the reinforcing member and flanges protruding above the top ring; the curved bottom surfaces of the flanges and the reinforcing member combining to form a semi-spherical ball stop located beneath an upper edge of the top ring.

- 2. (Original) The insert as set forth in claim 1 wherein: the ribs are inclined and shaped to form helically configured side openings; and the flanges are helically directed.
- 3. (Original) The insert as set forth in claim 2 wherein: the flanges correspond at their bases with the shaping of the ribs.
- 4. (Cancelled)
- 5. (Currently Amended) The insert as set forth in claim [[4]] wherein: the flanges each thin upwardly and inwardly along their inner ends.

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- 6. (Previously Presented) The insert as set forth in claim 1 wherein there are three ribs supporting three flanges.
- 7. (Previously Presented) The insert as set forth in claim 2 wherein there are three ribs supporting three flanges.
- 8. (Previously Presented) The insert as set forth in claim 3 wherein there are three ribs supporting three flanges.
  - 9. (Cancelled)
- 10. (Previously Presented) The insert as set forth in claim 5 wherein there are three ribs supporting three flanges.